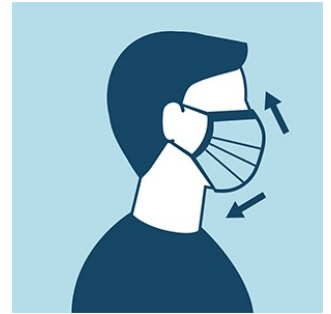


使用布面罩帮助减缓 COVID-19 的传播

如果您需要离家出行，请戴布面罩。

卫生署建议所有佛蒙特州人出门在外时都要戴布面罩，以帮助减缓 COVID-19 的传播。本建议依据新数据提出，该数据说明了 COVID-19 在人们出现任何症状之前的传播方式。如果您已被感染但自己并不知道，口罩有助于保护您周围的其他人。



面罩是我们可以采取的有助于减缓 COVID-19 传播的另一种预防措施，**但不能代替保持身体距离和其他预防措施。**即使戴着面罩，仍然需要与他人保持至少 6 英尺的距离。

推荐的布面罩**不是**手术口罩或 N-95 口罩。这些类型口罩是重要物资，**必须**留给我们的医护人员和急救人员。请用家用物品制作自己的面罩（请参阅背面详情）。

何时戴面罩示例	何时不需要戴面罩示例
前往杂货店、药房、医生或医院处	在树林中或家附近散步。但是需要带上一个，以防遇到其他人并停下来聊天
在杂货店、药房或彼此之间无法保持至少 6 英尺距离的其他商业环境中工作的必要工人	在家中，如果家中每个人都没有出现症状
在家中，如果您已生病并且与其他人共同居住在一所房子内	如果不是太拥挤，则去自行车道上跑步
护理弱势人群的家庭护理人员	绝对不应该戴口罩的人员： <ul style="list-style-type: none"> • 2 岁以下儿童 • 任何呼吸困难或失去知觉的人 • 任何无法自己摘下口罩的人
乘坐公共汽车、出租车或拼车	
在拥挤的街道上行走	

面罩是什么？

面罩是任何可靠固定遮盖口鼻的布（如头巾或围巾）。

您为什么目前推荐面罩？

我们对 COVID-19 的了解还不全面。然而，越来越多的证据表明，没有症状的人可能会传播病毒，并且呼吸、说话或清嗓子时产生的飞沫可能会在人与人之间传播 COVID-19。我们仍然认为，留在家中、保持身体距离和良好手部卫生是阻止 COVID-19 传播的最重要方法。我们建议佛蒙特州人戴面罩，这又增加了一项有助于减少传播的措施。

如何戴布面罩：

布面罩应一

- 舒适地紧贴脸部侧面。
- 用带子或耳挂线固定。
- 包含多层织物。
- 有利于呼吸顺畅。
- 能够机洗和机器烘干，而不会受损或变形。

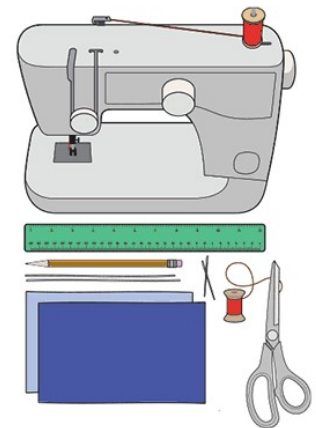


每天用洗衣液手洗或机洗清洁布面罩。

洗衣机应足以彻底清洗布面罩。使用前，请确保其完全干燥。您手头应该有数个面罩，以便轮流清洗。

摘下后安全妥善存放。

- 摘下时请勿触摸眼睛、鼻子和嘴巴。
- 摘下后立即洗手。
- 请勿放在他人可触摸处或台面或桌子上。



自制面罩。

美国疾病控制与预防中心（CDC）提供多种自制面罩的方法，其中包括机器或手工缝制、T 恤和剪刀非缝制方法、

以及头巾非缝制方法。请参见 CDC 链接：

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

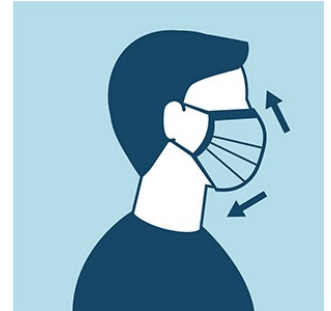
Using Cloth Face Coverings to Help Slow the Spread of COVID-19

If you need to leave your home, wear a cloth face covering.

The Health Department recommends that all Vermonters wear cloth face coverings when outside of the home to help slow the spread of COVID-19. This advice is based on new data about how COVID-19 can spread before a person has any symptoms. A mask helps protect others around you if you are infected and don't know it.

A face covering is one more precaution we can take to help slow the spread of COVID-19 – and is **not a substitute for physical distancing and other prevention measures**. You still need to stay at least 6 feet away from people, even when wearing a face covering.

The cloth face coverings recommended are **not** surgical masks or N-95 respirators. These types of masks are critical supplies that must be reserved for our health care workers and first responders. Please make your own face coverings with household items (see more on the back).



Examples of when to wear a face covering	Examples of when you don't need to wear a face covering
Trips to the grocery store, pharmacy, doctor or hospital	Going for a walk in the woods or in your neighborhood. But bring one in case you encounter other people and stop to chat
Essential workers at a grocery store, pharmacy, or other business setting where they cannot maintain at least 6 feet distance between themselves and others	At home, if everyone in the home isn't showing symptoms
At home if you are sick and have other people in the house	Going for a run on the bike path, if it's not too crowded
Home care workers caring for vulnerable populations	Who should never wear a mask: <ul style="list-style-type: none"> • children under the age of 2 • anyone who has trouble breathing, or is unconscious • anyone who is unable to remove the mask without assistance
Riding the bus, taxi, or ride share	
Walking on a busy and crowded street	

What is a face covering?

A face covering is any well-secured cloth (like a bandana or scarf) that covers your mouth and nose.

Why are you recommending this now?

There is a lot we are still learning about COVID-19. However, there is increased evidence that people without symptoms may be able to spread the virus, and that droplets produced when breathing, speaking, or clearing your throat may spread COVID-19 from person-to-person. We continue to think staying home and practicing physical distancing and good hand hygiene are the most important ways to stop the spread of COVID-19. By recommending that Vermonters use a face covering, we are adding one more action to help reduce the spread.

How to wear a cloth face covering:

Cloth face coverings should —

- fit snugly but comfortably against the side of the face.
- be secured with ties or ear loops.
- include multiple layers of fabric.
- allow for breathing without restriction.
- be able to be laundered and machine dried without damage or change to shape.



Clean cloth face coverings daily, by hand or machine, using detergent.

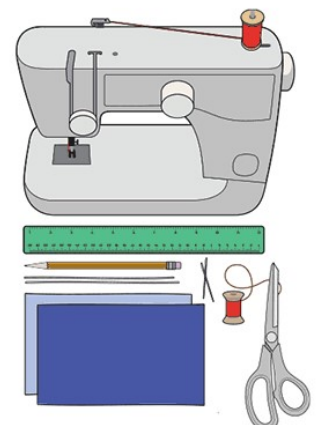
A washing machine should suffice to properly wash a cloth face covering. Make sure it's completely dry before using. You should have a few on hand so you can rotate for washing.

Remove and store it properly and safely.

- Do not touch your eyes, nose and mouth when removing it.
- Immediately wash your hands after removing it.
- Don't put it where others can touch it or on counter tops or tables.

Make your own.

CDC has [instructions on making your own coverings](#) in several different methods, including machine or hand-sewn, a no-sew method with a t-shirt and scissors, and a no-sew method with a bandana.





DEPARTMENT OF HEALTH

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For more information, visit www.healthvermont.gov/COVID-19.